



How To Be HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES

A COMPLEXION WASH MADE of the FIRST SNOW



Scrape off the top of new-fallen snow.

A brisk rub that sets the skin a-tingle.



Melting to bottles



One of nature's cosmetics

Mrs. Symes' Aid to Correspondents.

Massage and Exercise.

DESIRE to enlarge my upper arm and the calves of my lower limbs. If exercise or massage will do it, please tell me how to do it.

A. M. W.

The best way to develop the upper arm is by massage. Take firm hold of the flesh at the top of the arm with the hand of the opposite side, and, using twisting movements, gradually work down to the elbow and over the elbow joint. Cocoa butter, applied at the same time, has a tendency to fatten them. Persevere in the treatment until the desired result is obtained. The length of time required varies with different physical temperaments.

To develop the calves of the legs, try the tiptoe exercise every night for ten or fifteen minutes just before going to bed. That exercise consists in rising upon the balls of your feet—as nearly upon tiptoe as possible—and gradually, then as gradually lower yourself to the floor, the tax upon the muscles of the calves of the legs acting as a fairly rapid developer. Massage, with the same twisting movements as you give to your arms, will make results more quickly apparent.

Dancing and other forms of exercise which uses the muscles of the leg more than any other part of the body are all beneficial.

Liquid for Smelling Salts.

I have a bottle of smelling salts. The salts are still in the bottle, but the liquid has all evaporated. Could you please tell me what to fill it with, as I could not really get along without it?

MISS PETTICOATS.

Spirits of ammonia (not the carbonate spirits) and oil of lavender, mixed in the proportion of two parts of the ammonia to one of the oil, is a pleasant perfume to pour over the carbonate of ammonia.

Be sure to get the spirits of ammonia.

The water of ammonia, having no alcohol in it, will not mix with the oil.

Pimples That Leave Scars.

I am troubled with pimples on my chin and forehead. They sometimes fester. I have been afraid to squeeze them for fear of leaving scars. My skin used to be white and free from all blemishes; now it is dark and has little red spots. My nose also is red. I wash my face before retiring with warm water with oatmeal in it and soap, through the day with cold water and no soap.

Can the pomade for reducing flesh be used in conjunction with other treatment?

My face is very fat. I would like to reduce it.

MARLA.

Probably your blood is out of order, and, that most likely, lies in lack of exercise and indulging in the wrong sort of food. Let your first steps be the righting of these. Take some exercise every day—a good, brisk walk in the open air is as good as any; avoid sweets and pastry entirely until cured, and then indulge in them in strict moderation.

For more local treatment, try this:

FOSSATI CREAM FOR PIMPLES.
Lanolin, 5 ounces; almond oil, 5 ounces; sulphur precipitate, 5 ounces; oxide of zinc, 2 1/2 ounces; violet extract, 10 drops. Apply a very little of the cream to each pimple. Wait until the pimples are cured before using face brush, as it might irritate.

A red nose is usually caused by indigestion. You should be exceedingly careful as to what you eat, and how you eat it. Fresh, tender meats are good; fresh fish, also, and an abundance of vegetables and fruit. Fried foods, highly seasoned dishes and sweets are all mischief makers. Avoid them. Drink plenty of pure, cool—not cold—water. Eight glasses per day is the least amount required. Drink the water between meals, and with them.

Take a full bath from head to heels each twenty-four hours. Get plenty of fresh air and exercise, and sleep in a well-ventilated room.

You might also apply local treatment

W HAT maydew is fabled to do for the skin of her who bathes with it (provided she gather it in the field and forest herself), snow-water does in reality, with enough scientific reasons back of it to convince the veriest skeptic of its value as a beautifier.

If you are where you can get the snow yourself, so much the better—you are sure, then, that it has lost none of its purity. If not, you will have to content yourself with some that has been "put up" for keeping always on hand.

One very important point about scooping up the snow is to take it as soon after it has fallen as possible—"freshly fallen" snow means that it has not

to your nose. Try massaging vigorously along the leading nerve of the nose at each side. Use the tip of the finger, start at the bottom and rub up the nose on each side, and then under the eyebrows. Following the nerve in this way is sure to relieve congested circulation, which is often the secret of that unpleasant redness which comes to the nose.

If it is extremely red, massage the temples and cheeks, also, using a brisk vigorous movement. When treating the nose, be careful not to touch it with water. Instead, bathe it night and morning with cream.

Do not use the pomade for reducing flesh in conjunction with the other treatment. First get rid of those pimples, and get the skin in perfect order. Too much treatment when the skin is in such a sensitive state is likely to increase, instead of removing, the trouble.

The Result of Erysipelas.

Will you kindly send me a recipe for something that will stop the hair from coming out and will also be a tonic for the hair? I had erysipelas in April and my hair has come out awfully, but is growing in on the sides again; still it keeps coming out on top and in the back. Have used two or three tonics, but they do not seem to stop my hair from falling out.

M. R.

Undoubtedly the fact that your hair is coming out so alarmingly is due to the erysipelas you suffered from.

If there are any signs of the disease still remaining you should consult a spe-

cialist, as no amount of local treatment can cure it. If this is the only sign of it, try this formula and give your scalp a gentle massaging every night, using rotary movements. Don't, under present conditions, attempt to rub the scalp vigorously—such treatment might bring on the trouble again.

FALLING OF THE HAIR.
Tincture of nux. vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces.

Apply several times a week to the roots of the hair.
In massaging, use a little of the witch hazel cream, for which I give you a formula, just "moistening" the tips of your fingers with it, and working it well into the scalp.

WITCH HAZEL COLD CREAM.

One ounce of white wax and spermaceti; one-quarter pint of oil of almonds.

Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

The cream is particularly useful to heal sore or stretched skin.

Dark Skin.

I am a constant reader of your paper and come to you for a bleach. My hands, arms, and neck are brown, like a deep tan, though I go out very little in the sun, and my hands and arms

have quite a lot of freckles. I know, from others, that you can give me some recipe that will help me. My face is brown, too, but not so bad as my neck and arms. Would the same bleach do for my face that I would use for my neck and arms. Please answer soon.

Yours truly,

Mrs. H. S.

Most probably the color of your skin is due to indigestion in some one of its many forms. I am rather at a loss as to how to help you, because you have not been very explicit in detailing your symptoms. Has the skin darkened gradually, or is it the result of an illness?

Peroxide of hydrogen is excellent for removing freckles unless they are very light, indeed. Pour a little into a saucer and apply to the face, neck, and arms with a soft linen cloth. Let it dry upon the skin and then rub in a very little lanolin.

Get as much fresh air and exercise as possible—they are wonderful aids to "health and beauty"—and regulate your diet carefully, eating plenty of lettuce and vegetables, and sparingly of the blood meats and pastry. Avoid coffee and tea. And—send me more detailed symptoms, so that I can help you more specifically.

Too Young for Gray Hair.

Will you kindly give me some advice about my hair? It is very dark brown, and is getting very gray. I am

On the Care of the Hair and Skin.

a young woman, and for the last few years it has been turning gray rapidly.

Now if you can give me some recipe for darkening it, without giving it a reddish look, still not injurious, I would appreciate it very much.

J. M. A.

If you cannot afford to have the hairs removed by electricity, then it is simply a matter of choosing between the different depilatories. I consider the plaster stick and the pumice stone the safest depilatories for the inexperienced.

The first is helpful only when the hair grows in small patches. It is a stick of gummy substance, which, heated to a melting point, is clapped upon the hairs to be withdrawn. When cool, it is jerked away, and the hairs accompany it. This is no painful if quickly done.

The pumice stone may be used for a growth covering large surfaces, such as the arms. Care must be taken not to rub too strenuously, as irritation of the skin would result.

Of course, the results produced by both stick and stone are only temporary. They do not kill the hair, and whenever it reasserts itself the treatment must be repeated.

PUMICE TREATMENT.

Get an ordinary 6-cent cake of pumice stone. This is not pumice soap, but the regular old-fashioned pumice stone. To remove the hair, rub the skin afflicted with the superfluous growth, and the pumice stone will wear the hair off. Be careful not to be too heroic and irritate the skin. In case the arms are made red by this treatment, use a little cold cream.

To lighten the skin, first try this simple lotion:

LEMON AND GLYCERINE LOTION.

(For light freckles and sunburn.) Citric acid (lemon), 2 drams; hot water, 11 ounces; borax, 2 drams; red rose petals, 1 ounce; glycerine, 1 ounce.

Dissolve the acid and the borax in the water; infuse the petals for an hour; strain through a jelly bag after twenty-four hours, decant the clear portion and add the glycerine. Apply as often as is agreeable.

If it is not effective—yours may be an obstinate case—use Dr. Shoemaker's bleach, the formula for which appears frequently in these columns.

done is to remove the hair in one way or another.

A growth which covers a small space, such as the lip, for instance, can be permanently destroyed, by electrolysis, but this treatment should be given only by an expert dermatologist.

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